

starters [small plates]

soupcup 4.5 bowl 6.5 *our weekly soup special*

palm cakes11.5 *crispy hearts of palm cakes, spicy caper remoulade, baby greens*

mushroom cheeze bites12.5 *english muffin, garlic basil butter, cashew 'goat' cheeze, shitake & oyster mushroom, cashew parmesan, balsamic reduction*

raw nachos13.5 *raw corn chips, nacho cashew cheeze, tomato, onion, lettuce, jalapeño, cashew sour cream, avocado, cilantro, pico de gallo*

nachos*12.5 *blue corn chips, queso, black beans, lettuce, guacamole, pico de gallo, sour cream, jalapenos*
add chickn, 'steak' or tempeh taco meat 4.5

beet tartare*10.5 *roasted beets, avocado, cucumber, arugula, jalapeno ponzu*
add side millet chips 3.5

wings10.5 *buffalo marinated chick'n, cayenne pepper sauce, house ranch, celery*

bbq sliders...10.5 *ground 'pork', smoky sweet bbq sauce, creamy coleslaw*

pizza of the week14.5 *please ask your server for our current seasonal offering*



salads [organic]

house*...8.5 half...5.5 *baby greens, carrot, bell pepper, red onion, grape tomato, sprouts, maple miso*

caesar10.5 half...6.5 *romaine hearts, crostini, cashew parmesan, roasted garlic aioli*

pear & gorgonzola*12.5 half...7.5 *romaine, arugula, sweet lemon infused walnuts, anjou pear, red onion, cashew gorgonzola, cashew lemon dressing*

spinach strawberry*12.5 half...7.5 *spinach, strawberries, cherry tomatoes, red onion, sprouted almonds, balsamic vinegar*

greek*12.5 half...7.5 *romaine heart, cherry tomatoes, cucumber, red onion, kalamata olives, almond feta cheeze, lemon vinaigrette*

entrées [the main course]

barley risotto17.5 *oyster & shitake mushrooms, cashew 'goat' cheeze, white wine, arugula, cherry tomatoes, cashew parmesan*

NY pasta17.5 *balance butter, garlic, shallots, oyster & shitake mushrooms, garlic butter sauce, spinach, Linguini, garlic bread, cashew parmesan*

eggplant scallops*17.5 *marinated pan seared chinese eggplant, sweet miso sauce, garlic mashed potatoes, baby bok choy*

garden lasagna18.5 *yellow squash, zucchini, tofu ricotta cheeze, spinach, pomodoro sauce, mozzarella cheeze, garlic bread, cashew parmesan*

parmigiana16.5 *panko-crusted chick'n, mozzarella cheeze, linguini, pomodoro sauce, basil oil, garlic bread, cashew parmesan*

wellington17.5 *filo wrapped 'steak' and mushroom duxelles, garlic haricot vert, mashed yukon potatoes, porcini gravy*

one extra sauce/condiment is complementary, additional sauces are \$1.25 each

**Gluten Free Item*

Due to the high amount of allergens used in our kitchen we cannot guarantee the absolute absence of these ingredients in any of our recipes. Please notify your server immediately if you have food allergies (i.e. Gluten, Nut, Soy, etc.) as we will not be liable for any food related allergic reactions.

living food [raw]

**Gluten Free Item*

raw avocado toast*15.5 *flax triangles, fresh avocado slices, cashew chipotle aioli, red onion, red pepper, sunflower seeds & sprouts, side house salad*

raw bacon cheeze burger17.5 *sunflower walnut herb burger, nacho cashew cheeze, eggplant 'bacon', romaine, plum tomato, red onion, dill cashew mayo, flax bread, side house salad*

raw lasagna*17.5 *thin sliced zucchini, vidalia onion, portobello mushroom, kalamata olive, raw marinara, cashew ricotta, walnut pesto, cashew parmesan, side house salad*

stuffed avocado12.5 *almond 'tuna' salad, avocado, cashew sour cream, baby greens, cilantro, side house salad*

add additional pieces 5.5

seasonal raw gazpacho* *ask your server for this weeks special, cup or bowl*5.5/7.5

sandwiches [and wraps]

crispy chick'n sandwich....13.5 *lettuce, tomato, onion, spicy paprika aioli, challah bun*

buffalo wrap13.5 *marinated chick'n, cayenne pepper sauce, house ranch, lettuce, tomato, onion, celery, sundried tomato wrap*

parmigiana hoagie13.5 *panko-crusted chick'n, pomodoro sauce, mozzarella cheeze, garlic basil oil, cashew parmesan*

southwestern burrito12.5 *cilantro lime basmati rice, black beans, lettuce, tomato, cheddar cheeze, guacamole, sour cream, pico de gallo, sundried tomato wrap* **add chick'n, 'steak' or tempeh taco meat** 4.5

b.l.t.....13.5 *smoky marinated tempeh, avocado, lettuce, tomato, red onion, sprouts, veganaise, toasted rye*

black & bleu burger ...13.5 *beet, brown rice & lentil burger, tofu bleu cheeze, tempeh 'bacon', caramelized onion, lettuce, tomato, red onion, veganaise, balsamic ketchup, challah bun*

substitute gluten free bread or wrap with any sandwich 1.5

add small fries to any sandwich (no substitutions) 2.5

sides

french fries*4.5

sweet potato fries w/ smoked paprika aioli*5.5

beer battered onion rings w/ caper remoulade5.5

cashew mac & cheeze5.5

palm cake (1)4.5

black beans and cilantro rice*4.5

roasted garlic mashed potatoes*4.5

bok choy*4.5

garlic haricot vert*4.5

seasonal vegetable*4.5

drinks

iced tea (incl. refills)2.5

herbal tea (hot or iced)4

coffee (incl. refills)3.5

cold brew4.5

arnold palmer (incl. refills)3.5

lemonade/orange juice3.5

ginger brew4.5

blue sky cola4.5

virgils root beer4.5

pellegrino/acqua panna6

locally made organic kombucha6

Straws available upon request

desserts

hummingbird cake9.5 *spiced three layer cake, banana, pineapple, pecan, cinnamon, vanilla cream cheeze frosting*

brownie....6.5 *dark chocolate, semi sweet chocolate chips, chocolate sauce* **a la mode**....8.5

new york style cheezecake9.5 *granola walnut crust, berry sauce*

raw chocolate coconut custard*9.5 *cashews, raw cacao, thai coconut cream, cacao nibs*

sundae*8.5 *local vanilla gelato, berries, chocolate sauce*

scoop of gelato*2.5 *vanilla, chocolate or strawberry*

mocha ganache cake....9.5 *dark chocolate, cold brew coffee, chocolate coconut custard filling*

dessert sampler18.5 *n.y. style cheezecake, brownie a la mode, raw custard, mocha ganache cake*